

Child Care Health Consultation Health Promotion Lesson Plan

Contractor (LPHA) Name: Polk County Health Center

Date Submitted: 11/1/18

Health and Safety Standards	Training Levels
<input type="checkbox"/> Promoting Risk Management Practices <input type="checkbox"/> Protecting Children and Youth <input type="checkbox"/> Promoting Physical Health <input checked="" type="checkbox"/> Promoting Mental Health <input type="checkbox"/> Promoting Healthy Eating	<div style="display: flex; justify-content: space-around; align-items: center;"> <input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 </div> <p>Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011</p>

Title: Learning how to Manage Anger (target audience: preschool early education)

Learning Objective(s): Participants will be able to:

1. Identify what anger is.
2. Demonstrate three healthy coping techniques to control anger.

Topical Outline of Content (Not to exceed 30 minutes for Health Promotions)	Resources Used
<p>Introduction</p> <ul style="list-style-type: none"> Speaker <u>Who has the power?</u> YOU DO! -accountable for managing their emotions <p>Topic: Managing Anger</p> <ul style="list-style-type: none"> <u>What is anger?</u> A normal emotion everyone experiences - Signs of anger (Physical, Emotional, & Mental) <u>Ways to manage anger [Healthy coping strategies]</u> - Identify triggers for anger (What makes me mad?) - Read Calm-Down Time by Elizabeth Verdick <u>Healthy vs unhealthy coping behaviors</u> Anger Rules: <ul style="list-style-type: none"> ❖ Don't hurt others ❖ Don't hurt yourself ❖ Don't damage things <u>Practice healthy coping techniques (Ways to calm down)</u> <ul style="list-style-type: none"> ❖ Staying Calm: 1 Stop!+ 3 deep breaths + 10 count slowly ❖ Exercise ❖ Give yourself a "timeout"/calm-down bottles ❖ Talk about it with an adult ❖ Problem-solve (what is a way to fix the problem?) 	<p>Lecture/discussion/ 3 minutes</p> <p>Lecture/discussion/ 5 minutes</p> <p>Discussion/read "Calm-Down Time"/ group participation/ 8 minutes</p> <p>Lecture/ 2 minutes</p> <p>Lecture/ show "time out" bottles/ group practice (let them handle glitter, ocean wave, "find object" bottles)/ 10 minutes</p>

Method(s) of Outcome Evaluation: Group will demonstrate calm down techniques/
2 minutes

Children's Health Promotions are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for children's health promotions should use this template and submit to the CCHC Program Manager for approval. Health Promotion Lesson Plans already approved by the CCHC Program Manager are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.